

We've updated the link to this guide. Please visit publichealthmdc.com/documents/bereavement_guide.pdf for the latest version.



GRIEF SUPPORT GUIDE

For stillbirth, miscarriage, and infant loss | Revised February 2023

SUPPORT: INDIVIDUAL & GROUPS

Star Legacy Foundation: Grief support group options, all virtual. [More information and to register.](#)

UnityPoint/Meriter Pregnancy and Infant Loss Program: Holistic grief support, resources, and multidisciplinary family-centered care. Call the Center for Perinatal Care: (608) 417-6667.

Agrace: General grief support groups, in-person and virtual. Call (608) 327-7118 or [complete an inquiry form.](#)

Bereaved Parents of Madison: Parent support group for pregnancy or infant loss. Third Thursday of every month at 7:30 PM, virtual. Call or text Emily: (920) 643-0217, or [email group leaders.](#)

Miscarriage Support Group: Support group for those who experienced miscarriage. Second Wednesday of every month at 12:00 PM, virtual. To sign up, [email Julie.](#)

Alana Rose Foundation: Mourning Coffee online support group, second Sunday of every month at 8:00 AM [via Zoom.](#)



Healing Our Hearts: [Community-based grief support.](#) This organization is part of the Dane County Collaboration of Black Service Providers. Call (608) 821-0848 or complete a [referral form.](#)

BeReAVED Together, Inc.: Wellness-based groups, in-person and virtual. [Learn more.](#)

The Compassionate Friends: Support group for parents who have lost a child at any age. In-person at 4411 Monona Drive, Monona, WI 53716; third Thursday of every month at 7:00 PM. Contact Jim: (608) 512-2223. [Learn more.](#)

ONLINE & PHONE OPTIONS

Wisconsin Center for Stillbirth and Infant Death: Referral and intervention for Wisconsin families who experienced a loss. [Email them](#) or [visit online to learn more.](#)

Grief Support Line: Phone line with certified grief counselors: (952) 715-7731, ext 1.

First Candle: 24-hour grief line: 1-800-221-7437. Three peer-to-peer support groups via Facebook for miscarriage, stillbirth, and sudden infant death. [Learn more.](#)



= the organization is led by a person of color



Grieve Out Loud: Pregnancy and infant loss peer support network, via closed Facebook group. [Request to join](#).

Bereaved Parents of Madison Group: Pregnancy and infant loss support group, via closed Facebook group. [Request to join](#).

BeReAveD Together, Inc.: Peer support for bereaved parents, via closed Facebook group. [Request to join](#).

PREGNANCY AFTER LOSS

UW Health Hope After Loss Clinic: Provide medical and emotional support for people impacted by a recent loss (miscarriage, stillbirth, neonatal, or infant), are pregnant after a prior pregnancy loss, and who wish to be pregnant after experiencing a loss. Call (608) 287-5898 to inquire.

Rainbow Pregnancies of Madison: Support group for people pregnant again after a loss. [Email Rebecca](#) to inquire.

OTHER SUPPORT

Mikayla's Grace: Provide Angel Memory boxes, Baby Loss Comfort packages, and NICU care packages to local hospitals. Hospital/clinic will contact. [Learn more](#).

Babies Gone Too Soon: The *Angel Fund* helps with parent medical, memorial, and funeral expenses after an infant loss. [Eligibility requirements online](#).

HUGS: Bedside peer support during a loss including emotional, answering questions, and creating keepsakes. Hospital/clinic will contact. [Email them](#) with questions.

Guardian Gunner: Provide a 'box of sunshine' for bereaved parents – [Request a box online](#). Learn about [grief support events](#).

Faith's Lodge: "Child Loss Retreats" in Danbury, WI. Purpose is to support bereaved parents and families through grief counseling, group activities, and coping tools. [Learn more](#).

Directory of bereavement services throughout Wisconsin: [Learn more online](#).

If you are struggling and need immediate mental health support, call or text 9-8-8, or call the Journey (Dane County) 24-hour Crisis Line at (608) 280-2600. If you are in imminent danger, call 9-1-1.

